



OCTOBER 2023

Rowena Slater for Employee of the Month!

Ladies and Gentlemen, we would like to announce Rowena "Ro" Slater as the employee of the month for October! Rowena is one of our Independent Living Housekeepers and is a beast at keeping it clean. She is very reliable, kind and has a very positive attitude. Her first week of working, we just knew she would be phenomenal, and has shown just that! Rowena is genuinely friendly and is one of the happiest people I've ever met. She is a team player who is thorough, accurate and task-oriented. Rowena, you're appreciated more than you'll ever know. Thank you for being a part of the community and congratulations on being employee of the month!



Dear, Residents, Families And Friends,

Happy October! Prepare to carve your pumpkins, sip on your pumpkin spice lattes and slip on your coziest sweaters. As the scorching sun gives way to a pleasant breeze, take a moment to appreciate the beauty of the changing leaves. The changing of the seasons is a reminder of the passage of time, and fall is the perfect time to catch up with loved ones over a warm cup of apple cider. This month is sure to be filled with tons of spook-tacular events and activities! From our trick-or-treating party to our Ghostly Gala main event, make sure to keep a close eye on the calendar so you don't miss out on a single moment of fun. And of course, we will be hosting our annual costume contest. I look forward to seeing all of your ghoulishly delightful costumes!

INDEPENDENT LIVING

OCTOBER 2023

Locations

Parking Lot	PL
Bistro	B
Community Room	CR
Dining Room	DR
Fitness Room	FR
Garden	G
Library	LL
Lobby	L
Outing	O
Route 66	R66
Theater	TH

Transportation

Monday, 10AM (Grocery Stores)
Tuesday & Thursday, 10AM (Walmart)
Wednesday, 10AM (Post Office/Bank)
Thursday, 2:30PM (Misc. Errands)
Friday, 9:30AM

Birthdays!

- 1-Bill Hirneise
- 1-Sandra White
- 2-Carl Windsor
- 2-Denise Mithell
- 9-Elly Murray
- 12-Donna Lee
- 18-Joyce Cates
- 20-Sherry Donehoo
- 23-Linda Abel
- 26-Madelean Arnold
- 27-Corrine Clark
- 29-Tom Brady

“Hope is like the sun, which, as we journey towards it, casts the shadow of our burden behind us.”
—Samuel Smiles

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Dallas Cowboys vs. New England (Go Cowboys!) 8:30 “In Search of The Lord’s Way” (KDFID Channel 7) 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania</div> <div>1</div>	<div>9:45 Big Lots Trip 10:00 Coffee & News ... (R66) 11:00 Morning Devotional (CR) 12:00 “Country Store Is Open” (R66) 2:00 Spades</div> <div>2</div>	<div>10:00 Balance Class w/ Legacy (CR) 10:00 Catholic Communion (Bistro) 10:00 Walmart Shopping (O) 11:00 Knitting & Crochet (L) 12:00 Puzzle Table 2:00 Hand & Foot (B) 3:00 Afternoon Sing-along!</div> <div>3</div>	<div>10:00 Bible Study by Richard N. (Theater) 10:00 Post Office/Bank (O) 10:00 Wake n Shake (Exercise w/ Jada) 10:30 Country Store (R66) 11:00 Morning Devotional (CR) 2:00 Ring Toss 3:00 Dominos/42/Mexican Train (CR) 4:00 Dear Abby & Ice Cream</div> <div>4</div>	<div>9:45 Blood Pressure Clinic w/ Legacy (CR) 10:00 Strength Class w/ Legacy (CR) 10:00 Walmart Shopping (O) 11:00 Ambassadors’ Meeting 2:00 Euchre (CR) 2:30 Halloween Crafts! 2:30 Misc. Errands (O) 3:30 Uno Crew w/ Ice Cream</div> <div>5</div>	<div>10:00 Bible Study (CR) 11:00 Drum Fitness (Exercise w/ Jada) (CR) 11:00 Nails Only 1:30 Wahoo Board Game (B) 2:00 Hand & Foot (FR) 3:00 Uno & Friends (B)</div> <div>6</div>	<div>10:00 Weekend Exercise 10:30 The Coffee Club 11:00 Puzzle Mania 2:00 It’s Saturday Bingo 2:00 Skip-Bo Crew 2:30 Afternoon Movie</div> <div>7</div>
<div>Dallas Cowboys vs. San Francisco 8:30 “In Search of The Lord’s Way” (KDFID Channel 7) 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania</div> <div>8</div>	<div>Columbus Day 9:45 Dollar Tree Trip 10:00 Coffee & News ... (R66) 11:00 Morning Devotional (CR) 12:00 “Country Store Is Open” (R66) 2:00 Spades</div> <div>9</div>	<div>October/ Halloween Door Contest Begins! 10:00 Balance Class w/ Legacy (CR) 10:00 Catholic Communion (Bistro) 10:00 Walmart Shopping (O) 11:00 Knitting & Crochet (L) 12:00 Puzzle Table 2:00 Hand & Foot (B) 2:30 Town Hall Meeting (CR) 3:30 Balloon Volleyball</div> <div>10</div>	<div>10:00 Bible Study by Richard N. (Theater) 10:00 Drum Fitness (Exercise w/ Jada) 10:00 Post Office/Bank (O) 10:30 Country Store (R66) 11:00 Morning Devotional (CR) 2:00 Same Sound, different Spelling! 3:00 Dominos/42/Mexican Train (CR) 4:00 Epic Fish Bowl Game</div> <div>11</div>	<div>8:00 Take a walk around L.E. 9:45 Blood Pressure Clinic w/ Legacy (CR) 10:00 Strength Class w/ Legacy (CR) 10:00 Walmart Shopping (O) 2:00 Euchre (CR) 2:30 Misc. Errands (O) 3:00 Spelling Bee Contest</div> <div>12</div>	<div>10:00 Bible Study (CR) 10:00 Women’s Breakfast Outing! (Mill Street Diner) 11:00 Nails Only 11:00 Wake n Shake (Exercise w/ Jada) (CR) 1:30 Wahoo Board Game (B) 2:00 Hand & Foot (FR) 3:30 Karaoke Social Hour</div> <div>13</div>	<div>10:00 Weekend Exercise 10:30 The Coffee Club 11:00 Puzzle Mania 2:00 It’s Saturday Bingo 2:00 Skip-Bo Crew 2:30 Afternoon Movie</div> <div>14</div>
<div>8:30 “In Search of The Lord’s Way” (KDFID Channel 7) 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania</div> <div>15</div>	<div>Dallas Cowboys vs. Los Angeles 9:45 Target Trip 10:00 Coffee & News ... (R66) 11:00 Morning Devotional (CR) 12:00 “Country Store Is Open” (R66) 2:00 Spades 2:30 Halloween Movie & Popcorn</div> <div>16</div>	<div>10:00 Balance Class w/ Legacy (CR) 10:00 Catholic Communion (Bistro) 10:00 Walmart Shopping (O) 11:00 Knitting & Crochet (L) 12:00 Puzzle Table 2:00 Hand & Foot (B) 3:30 Entertainment by Paul Anderson!</div> <div>17</div>	<div>10:00 Bible Study by Richard N. (Theater) 10:00 Post Office/Bank (O) 10:00 Wake n Shake (Exercise w/ Jada) 10:30 Country Store (R66) 11:00 A Trip to the Pumpkin Patch! 11:00 Morning Devotional (CR) 3:00 Dominos/42/Mexican Train (CR) 4:00 Hangman</div> <div>18</div>	<div>9:45 Blood Pressure Clinic w/ Legacy (CR) 10:00 Strength Class w/ Legacy (CR) 10:00 Walmart Shopping (O) 2:00 Euchre (CR) 2:30 Misc. Errands (O) 3:30 Ghostly Gala Main Event!</div> <div>19</div>	<div>10:00 Bible Study (CR) 11:00 Drum Fitness (Exercise w/ Jada) (CR) 11:00 Nails Only 1:30 Wahoo Board Game (B) 2:00 Hand & Foot (FR) 3:00 Uno & Friends (B) 6:30 Horror Movie Night!</div> <div>20</div>	<div>10:00 Weekend Exercise 10:30 The Coffee Club 11:00 Puzzle Mania 2:00 It’s Saturday Bingo 2:00 Skip-Bo Crew 2:30 Afternoon Movie</div> <div>21</div>
<div>8:30 “In Search of The Lord’s Way” (KDFID Channel 7) 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania</div> <div>22</div>	<div>9:45 Tom Thumb Trip 10:00 Coffee & News ... (R66) 11:00 Morning Devotional (CR) 12:00 “Country Store Is Open” (R66) 2:00 Spades</div> <div>23</div>	<div>10:00 Balance Class w/ Legacy (CR) 10:00 Catholic Communion (Bistro) 10:00 Walmart Shopping (O) 11:00 Knitting & Crochet (L) 12:00 Puzzle Table 2:00 Hand & Foot (B) 2:30 Halloween Bingo 3:30 Outburst Game</div> <div>24</div>	<div>10:00 Bible Study by Richard N. (Theater) 10:00 Drum Fitness (Exercise w/ Jada) 10:00 Post Office/Bank (O) 10:30 Country Store (R66) 11:00 Morning Devotional (CR) 2:00 Monopoly Board 3:00 Dominos/42/Mexican Train (CR)</div> <div>25</div>	<div>9:45 Blood Pressure Clinic w/ Legacy (CR) 10:00 Strength Class w/ Legacy (CR) 10:00 Walmart Shopping (O) 2:00 Euchre (CR) 2:30 Autumn Crafts! 2:30 Misc. Errands (O) 3:30 Outburst Game</div> <div>26</div>	<div>10:00 Bible Study (CR) 10:00 Soul Man’s BBQ 11:00 Nails Only 11:00 Wake n Shake (Exercise w/ Jada) (CR) 1:30 Wahoo Board Game (B) 2:00 Hand & Foot (FR) 3:00 Halloween Candy Countdown Competition</div> <div>27</div>	<div>10:00 Weekend Exercise 10:30 The Coffee Club 11:00 Puzzle Mania 2:00 It’s Saturday Bingo 2:00 Skip-Bo Crew 2:30 Afternoon Movie</div> <div>28</div>
<div>Dallas Cowboys vs. LA Rams 8:30 “In Search of The Lord’s Way” (KDFID Channel 7) 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania</div> <div>29</div>	<div>9:45 Aldi Trip 10:00 Coffee & News ... (R66) 11:00 Morning Devotional (CR) 12:00 “Country Store Is Open” (R66) 2:00 Spades</div> <div>30</div>	<div>October/ Halloween Door Contest Ends! 8:00 Take a walk around L.E. 10:00 Balance Class w/ Legacy (CR) 10:00 Catholic Communion (Bistro) 10:00 Walmart Shopping (O) 11:00 Knitting & Crochet (L) 12:00 Puzzle Table 2:00 Hand & Foot (B) 3:00 Finish The Lyrics (’50s & ’60s mix) 6:30 Trick Or treating/ Halloween Party (Costume Contest)</div> <div>31</div>	<div></div>	<div></div>	<div></div>	<div></div>



Halloween Party

We'll be scaring up some fun later this month with our Halloween costume party! Come on down to the community for tricks, treats and prizes for the best costumes. Keep your eyes and ears open for details.



Activities for Breast Cancer Awareness Month

Every October, people come together to support the fight against breast cancer, and there are numerous ways to get involved.

Put on some pink. The color pink is a global symbol of breast cancer awareness. Sporting a pink ribbon and other accessories is a simple way to spark conversation about the disease. Some workplaces, schools and other groups designate a Pink Out Day, when participants make a donation and dress in pink to raise money and awareness.

Walk for a cure. Communities often host a 5K race or walk-a-thon in honor of Breast Cancer Awareness Month. These fundraising events allow people to join together and show widespread support to those battling breast cancer.

Go shopping. Many national brands and local businesses run promotions during October, when proceeds from the sales of specific items are donated to breast cancer organizations. Whether buying clothing, beauty products or baked goods, shopping can help fund the cause.

